

## CLINICAL STUDY ON THE EFFICACY OF UDWARTHANA IN SANTARPANAJANYAVYADHI W.S.R BAHUDOSHA LAKSHAN

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### ABSTRACT

In *Ayurveda Chikitsa* is classified in *Bahirparimarjana* and *Antarparimarjana*. *Udwartana* is considered under *Bahirparimarjana Chikitsa*, *BhayaRukshana karma* and also known as *sharira parimarjana* under *dinacharyaadhyaya* of *Charaka Acharya*. *Santarpaniya Adhyaya* is explained by *Acharya Charaka* under *Yojana Chatushka* where list of certain *Santarpaniya Rogas* along with *Nidhans*, Diet, Drugs, Method useful for treatment are explained. In the present study few *Santharpanajanya Rogas* are selected and these are assessed based on the *Bahudosha Lakshana* present in Patient. In *Ayurveda*, *Santharpanotha Vikara* (the diseases caused by the over Nourishment) described by *Acharya Charaka* are *Pramehapidaka, kota, kandu, Pandu, kusta, pidaka, Mutrakricchra, Atistoulya, Amapradosha, jwara, Indriya strotasa upalepa, klaibya, tandra* etc. As it is *Santarpanajanya Vyadies, Apatarpana* as *Rukshana* in the form of *udwarthana* has been adopted in the study. The study is conducted to evaluate the efficacy of *udwartana* on *Santarpaniya Vyadhies w.s.r to Bahudosha Lashana*. In the present study 10 patients presenting with *Bahudosha lakshana* are selected with *Santharpanajanya vyadies* and treated with *Rukshana* in the form of *Sarvanga Udwartana* for 14 days then subjected to required *Shodhana* depending on the *Avastha* and *Bala* of the patient. Assessment was done before and after *Sarvanaga Udwartana*. It was observed that patients got good relief in almost all parameters and the study shown significant results ( $p>0.001$ ).

**Keywords:** *Udwartana, Rukshana, Santharpanajanya Rogas, Bahudosha lakshana.*

### INTRODUCTION

In the present era, due to urbanization peoples are particularly prone for life style disorders which are mentioned under *Santarpaniyavyadhies* or *vikaras* mentioned by *Acharya Charaka* caused mainly due to *Kaphadosha* along with another *dosha, dushya samsargha*. *Acharyas Charaka* clearly mentioned

about the application of *Panchakarma* at the stage of *Upasthita dosha avasta* keeping in to *Matra* and *Kala*.<sup>1</sup>In the *Bahudosha avasta Shodhana* has to be adopted.<sup>2</sup> *Acharya Vagbhata* emphasized on the importance of *purva karma* before adopting any *shodhana* and also explained *rukshana* as a *vishesa pur-*

vakarma in Masala, Medura, burislekshama, Vishmagni.<sup>3</sup>In *Ayurveda* various types of *chikitsa* are mentioned for the management of disease, those *chikitsa* has to be considered under permutation and combination of *Shadvidhopakrama*. It plays significant role in maintaining homeostasis of the body. Again these 6 *Upakramas* are grouped under two sub classification as *Santarpana* and *Apatarpana*<sup>4</sup>. *Rukshana* is a line of *chikitsa* selected in the present study. *Rushana* may be defined as a therapeutic procedure that which causes *Roukshyam*, *Kharatwa* and *Vaishadyam*.<sup>5</sup> *Rukshana* again classified in to *Bahya* and *Abhyantara*. *Udwardhana* as *Bahyarukshana* is adopted in reducing the *Bahudoshalakshana* seen in *Santarpaniyavyadhies*.

*Rukshana* is majorly indicated in *Abhishyanna Srotas*, *Maha dosha*, *Marmastha Vyadhi*, *Urustambha*, *Prameha*, *Kapha sthana Gata vikaras*.<sup>6</sup> So, *Vikaras* having *Bahudoshalakshanas* are assessed and *Bahya Rukshana* in the form of *Udwardhana* adopted. *Udwardhana* is *vishesha purvakarma* or *Rukshana poorvaka shodhana* done in *Utsanakaphamedhas*, *Abhishyanna Ananaguda* and *Mandagni* conditions<sup>7</sup>In certain diseases like *Urusthambha*, *Prameha* where there is involvement of *Kapha* and *Medas* it can be taken has *Pradhana Karma*.

#### Aim and Objectives:

- To assess the effect of *Udwardhana* on *Bahudoshalakshanas* in *Santarpana Vikaras*.

#### Material and Method:

#### Observations and results:

a) **Source of Collection of data:** For the present clinical study, the 10 patient were randomly selected from the OPD and IPD of SKAMCH&RC suffering from any *Santarpanotha Vikara* presenting with *Bahudoshalakshana* are selected.

- 10 Patients who fulfil the inclusion criteria are selected for the study and excluded according to exclusive criteria.

#### Inclusion criteria:

- Patient age group between 20 – 60 years.
- Patient presenting with *santarpanajanya vyadhies* with *Bahudoshalakshanas*.
- Patient fit for *udwardhana* /*Rukshana*.
- Patient fit was *swedana*.

#### Exclusion criteria:

- Patient age group above 60 years.
  - Patient underwent any kind of surgery recently.
  - Patient with acute /chronic cardiac problem.
  - Other chronic systemic illness.
- b) **Drug, and duration-** *Triphala Choorna*<sup>08</sup> and *Kollakulathadi choorna*<sup>9</sup> drugs were selected for *Udwardhana*.
- c) Both these drugs for *Udwardhana* are purchased from SKAMCH &RC pharmacy for the present clinical study.
- d) The duration of the study was taken as 14 days.
- e) **Study design.** -Randomized open Clinical single blind study.

Sl.no	Bahudoshalakshanas	Mean		D	S.D	S.E	't' value	'p' Value
		BT	AT					
1.	<i>Avipaka</i>	1.75	0.25	1.5	0.70	0.25	5.98	0.001
2.	<i>Aruchi</i>	2	0.33	1.66	0.47	0.19	8.62	0.0001
3.	<i>Sthoulya</i>	2.5	2.125	0.375	0.48	0.17	2.18	0.05
4.	<i>Pandutha</i>	1.375	0.5	0.75	0.50	0.17	4.17	0.001
5.	<i>Gourava</i>	2.33	0.55	1.77	0.62	0.20	8.48	0.0001
6.	<i>Klama</i>	1.6	0.4	1.2	0.4	0.23	5.19	0.0001
7.	<i>Peedaka</i>	2.33	0.66	1.66	0.47	0.27	6.11	0.0001
8.	<i>Kandu</i>	2	1.2	0.8	0.4	0.17	4.46	0.0001
9.	<i>Alasya</i>	2	0.5	1.37	0.69	0.24	5.57	0.0001

10.	<i>Shrama</i>	2	0.66	1.33	0.47	0.15	8.48	0.0001
11.	<i>Dourbalya</i>	1.55	0.33	1.22	0.41	0.13	8.81	0.0001
12.	<i>Dourgandha</i>	1.2	0	1.2	0.4	0.17	6.69	0.0001
13.	<i>Avasadhaka</i>	1.4	0.2	1	0.63	0.25	3.87	0.0001
14.	<i>Slekshma itta-samutklesha</i>	1.6	0.4	1.2	0.4	0.17	6.70	0.0001
15.	<i>Nidranasha</i>	1.6	0.4	1.2	0.4	0.17	6.70	0.0001
16.	<i>Atinidrata</i>	1.6	0.16	1.5	0.5	0.20	7.34	0.0001
17.	<i>Klibya</i>	1.33	0.66	0.66	0.47	0.27	2.44	0.05
18.	<i>Abudhitva</i>	1	0.16	0.83	0.37	0.34	2.44	0.05
19.	<i>Balavarna pra-nashacha</i>	1.25	0	1	0.70	0.35	5.77	0.001
20.	<i>Ashasta swapna dharshana</i>	1.44	0.11	1.22	0.41	0.15	8.08	0.0001

**According AFI Gradation as follows:<sup>10</sup>**

<b>1) Avipaka-(Indigestion)</b>	<b>2) Klama-(Exhaustion after little exercise)</b>
0- No Avipaka	0-No klama.
1- 12-1times in week	1-Occasionally feeling of lassitude without shrama for some time and vanishes.
2- 3-5times/ Week in one meal	2-Lassitude without shrama for some time.
3- 3-5 times /week in both meal	3-Lassitude without shrama for longer duration.
4- Indigestion after every meal	4-No klama.
<b>3) Sthoulya-(Obesity)</b>	<b>4) Gourava-(Heaviness)</b>
0- Not obese BMI 25	0-No feeling of heaviness.
1- Mild Obese BMI-25-27kg/m	1-Occasionally heaviness in the body but does usual work.
2- Obese BMI -27-29.9kg/m	2-Continuous heaviness in the body but does usual work.
3- Moderate Obese BMI -30-39.9kg/m	3-Continuous heaviness in the body but does usual work.
4- Sever Obese BMI-<40kg/m	4-Unable to work to do any work due to heaviness.
<b>5) Alasya-(Laziness)</b>	<b>6) Sharma-(Fatigue)</b>
0- No Alasya	0- No Shrama.
1- Starts work in the time with efforts	1- Tiredness with excessive excretion.
2- Unable to start work and unable to complete work.	2- Tiredness with moderate excretion.
3- Delay in start work and unable to complete work.	3- Tiredness with excretion.
4- Never able to start of work and always desires of rest.	4- Tiredness no excretion.
<b>7) Atinidra-(Excessive sleep)</b>	<b>8) Ashasta swapna dharshana-Appearance of Morbid dream</b>
0-Normal and sound sleep for 6-8hr /24hrs with feeling of lightness and relaxation in the body and mind.	0- No
1-Sleep >9- 10 hrs /24hrs with feeling of heaviness in the body associated with <i>jrimbha</i>	1- Occasionally not disturbing sleep.
2-Sleep > 10 hrs /24hrs with feeling of heaviness in the body associated with <i>jrimbha</i> and <i>tandra</i> .	2- Occasionally disturbing sleep.
	3- Regularly dreams not disturbing sleep.
	4- Frequent dreams with sever disturbing of sleep.

<p><b>9) Arathi-No inclination towards work</b></p> <p>0- No Arathi</p> <p>1- No inclination to work for 2-3 hrs</p> <p>2- No inclination to work for 6-8 hrs</p> <p>3- No inclination to work for 12-24hrs</p>	<p><b>10) Peedaka- (Eruption of boils)</b></p> <p>0- No peedaka</p> <p>1- Mild peedaka</p> <p>2- Moderate peedaka</p> <p>3- Sever peedaka</p>
<p><b>11) Aruchi-(Anorexia)</b></p> <p>0- Normal desire for food</p> <p>1- Eating timely without much desire.</p> <p>2- Desire for food, little late, than normal time.</p> <p>3- Desire for food only after long intervals.</p> <p>4- No desire at all.</p>	<p><b>12) Dourbalya-(Weakness)</b></p> <p>0- Can do work and exercise.</p> <p>1- Can do moderate work and exercise.</p> <p>2- Can do mild routine work and exercise.</p> <p>3- Can do mild routine work and exercise with difficulty.</p> <p>4- Cannot do even mild routine work and exercise</p>
<p><b>13) Nidra Nasha- Sleeplessness</b></p> <p>0- Patient can sleep 6hr without any irritation.</p> <p>1- Patient can sleep 3-6hr.</p> <p>2- Patient can sleep &lt; 3hr.</p> <p>3- Patient may not sleep during night due to irritation.</p>	<p><b>14) Kandu: (Itching)</b></p> <p>0- No itching.</p> <p>1- Mild /Occasional itching.</p> <p>2- Moderate frequent itching.</p> <p>3- Sever itching.</p> <p>4- Very sever itching which disturbs sleep.</p>
<p><b>15) Avasadaka-(Lassitude)</b></p> <p>0- No Avasadaka</p> <p>1- Mild Avasadaka</p> <p>2- Moderate Avasadaka</p> <p>3- Sever Avasadaka</p>	<p><b>16) Tandra-(Drowsiness)</b></p> <p>0- No Tandra</p> <p>1- Tandra for 3-6 hrs</p> <p>2- Tandra for &gt;12hrs</p> <p>3- Tandra for 12-24 hrs</p> <p>4- Tandra for &lt; 24hrs</p>
<p><b>17) Abudhitwa-(Ignorance)</b></p> <p>0- No Abudhitwa</p> <p>1- Mild Abudhitwa</p> <p>2- Modarate Abudhitwa</p> <p>3- Sever Abudhitwa</p>	<p><b>18) Dourgandya-Foul smell of the body</b></p> <p>0- No dourgandhya</p> <p>1- Mild dourghandya</p> <p>2- Moderate dourghandya</p> <p>3- Sever dourgandya</p>
<p><b>19) Samutklesha of pitta and kapha</b></p> <p>0- No lakshana of Samutklesha of pitta and kapha seen</p> <p>1- If 1 to 2 lakshana of Samutklesha of pitta and kapha seen</p> <p>2- If 4 to 5 lakshana of Samutklesha of pitta and kapha seen</p> <p>3- If &lt;5 lakshana of Samutklesha of pitta and kapha seen</p>	<p><b>20) Bala varnapranascha triptayo Brimhanamapi- (Loss of strength and complexion in spite of the intake of nourishing diet)</b></p> <p>0- No Bala varnapranascha triptayo Brimhanamapi</p> <p>1- Mild Bala varnapranascha triptayo Brimhanamapi</p> <p>2- Modrate Bala varnapranascha triptayo Brimhanamapi</p> <p>3- Sever Bala varnapranascha triptayo Brimhanamapi</p>

## DISCUSSION

Acharya Charaka explained many *santarpanajanya vyadhi*. Among them few diseases such as *Atistholya, kandu, kusta, Amapradosaja vyadhi, Klaibya, Alasya, Peedaka, Arochaka* are selected in the study

which are most commonly available at OPD and IPD of SKAMCH&RC, Bengaluru during the present clinical study period.

**Effect of Udvartana on Kapha pradhana Lakshanas** like *Aruchi, Alasya, Sthoulya, Kandu, Kota,*

*Dourghanda, Avasadaka, Slekshma Utkelsha, Atinidra, Tandra* shown highly significant result except *tandra* and *kota* as there were no patient had this complaint's in taken samples.

**Effect of Udvartana on Pitta pradhana Lakshanas** like *Avipaka, Panduta, Peedaka, Pittautklesha, Balavarnapranithascha*, shown significant results.

**Effect of Udvartana on Vata pradhana Lakshanas** like *Arati, Srama, Dourbalya, Nidranasha, Abuditwa, Ashasta Swapna Dharshana* shown highly significant result except *Arathi* as there were no patient had this complaint's in taken samples.

**Benefits of Udhwartana:**<sup>13,14,15</sup>

1.	<i>Medhopravilayana.</i>	6.	<i>Dourgandhyahara</i>
2.	<i>Sthirikaranamanaganam</i>	7.	<i>Tandramhanta</i>
3.	<i>Twakprasadhana</i>	8.	<i>Kandu, Kota vinashanam</i>
4.	<i>Vatahara</i>		
5.	<i>Gauravanhara</i>		

In *Ayurveda*, *Santharpanotha Vikara* (the diseases caused by the over Nourishment) described by *Acharya Charaka* are *Pramehapidaka, kota, kandu, Pandu, kusta, pidaka, Mutrakricchra, Atistoulya, Amapradosha, jwara, Indriya strotasa upalepa, klaibya, tandra* etc due to certain *Nidhana* like *Snigdha-Madhura-Guru-Picchila-Navanna sevana, Gorasa, Pistanna, Divaswapna, Anupa-Varija Mamsa sevana, Chesta dweshi, shayana asana sukhe* etc<sup>14</sup>. This can be compared to chronic non-communicable disease. Prevalence of Chronic non-communicable disease is increasing among the adults due to changes in the life style and behavioural patterns of the people which are favourable to the occurrence of chronic non-communicable disease. Diabetes mellitus, hypertension, Ischemic heart disease, atherosclerosis, varicose veins etc are considered under chronic non-communicable disease.

### **Udwarthana:**

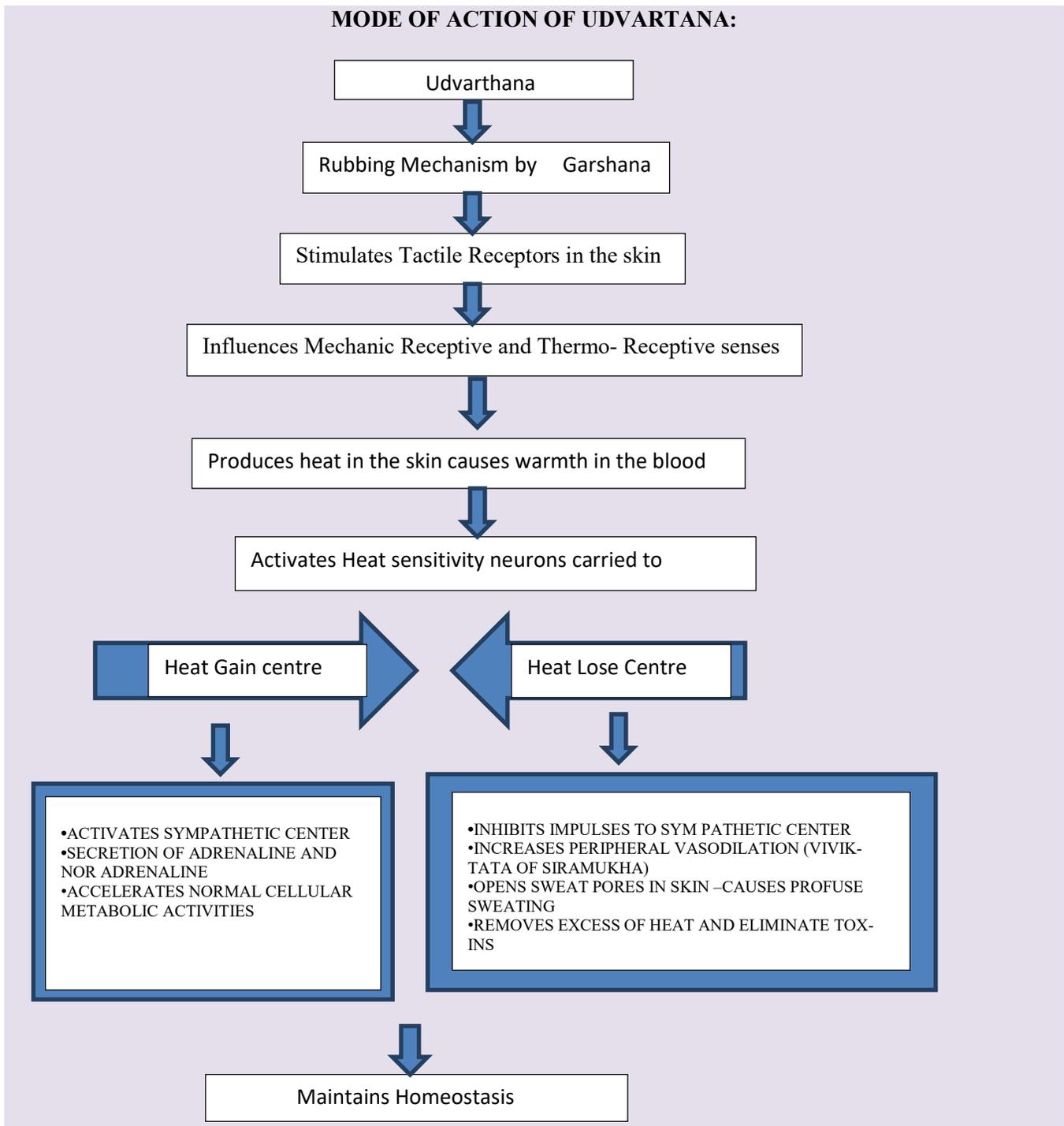
*Udwartana* is also known as *Vimlapana, Garshana, Nirmalakarana*.<sup>11</sup> *Udwartana* is *Bahirparimarjana Chikitsa*, which is performed in *Pratilomagati* means opposite to the orientation of hair by using required pressure on the body.

*Udwartana* can be classified depending on the nature of drugs used in to *Snigdha Udwartana* Know as *Uthsadhana* and *Ruksha Udwartana* also known *Uthsadhana*.<sup>12</sup>

Under the treatment of *santharpanotha Vikaras* as *Ulekahana, Raktha Mokshana, Upavasa, Swedana, Rukshana sevana, Choorna pradeha*<sup>16</sup>. So, under *Choorna pradeha Udvarthana* can be considered. *Udwartana* is one Among the *Bahirparimarjana Chikitsa* which is adopted in *Pratilomagati*. *Udwartana* helps to liquefy the *meda* and *Kapha* from the body and makes body stronger.<sup>17</sup>

In the same context, while explaining *Churna pradeha* certain drugs are mentioned for *Churna pradeha* such as *Musta, Aragvadha, Pata, Triphala, devadaru, Swadamstra, Kadira, Nimbha, Haridra, Twak, Vatsaka*.<sup>18</sup> Among them *Triphala* and *Kolaku-lathadi* has been selected in this study. *Sarvanga udwartana* was done for 14 days till *Samyak Rukshana lakshanas* seen.

**MODE OF ACTION OF UDVARTANA:**



**CONCLUSION**

The conclusion of the present study was that *Rukshana* in form of *Udwarthana* proved to be efficacious in reducing *Bahudosha lakshanas* in *santar-*

*panajanya vyadhies* and provided good results in almost all parameters. This study suggests that *Rukshana purvaka shodhana* is better choice of treatment in *Santarpanajanya vyadhies w.s.r to bahu-*

*dosha lakshanas*. The study can be taken for further study on larger sample.

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